

## Whole Wheat Bread and Whole Grain Bread

### 1. Whole Wheat Breads

- a Whole wheat must be the primary ingredient by weight in all whole wheat bread products.
- b Whole wheat bread must conform to FDA standard of identity at 21 CFR Part 136.180.

### 2. Whole Grain Breads

Whole Grain Breads must conform to FDA standard of identity.

Whole grain must be the primary ingredient by weight in all whole grain bread.

Must also meet FDA labeling requirements for making a health claim as a "whole grain food with moderate fat content."

- a. Contain a minimum of 51% whole grains (using dietary fiber as the indicator).
  - b. Meet the regulatory definitions for "low saturated fat" at 21 CFR Part 101.62 ( $\leq 1$  g saturated fat per RACC) and "low cholesterol" ( $\leq 20$  mg cholesterol per RACC).
  - c. Bear quantitative trans fat labeling.
  - d. Contain  $\leq 6.5$  g total fat per RACC and  $\leq 0.5$  g trans fat per RACC.
- 3. 16 oz package only.
  - 4. Store and national brands are eligible.
  - 5. No added seasonings.
  - 6. No powdered sugar.
  - 7. No added nuts.
  - 8. No added fruits (e.g. raisins).
  - 9. No added seeds.
  - 10. No organic.